

Cooking for Kids

Recipe Sizing Report

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Jan 28, 2022

990006 - Broccoli Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011090 BROCCOLI,RAW.....	3 1/2 gals + 2 1/4 cups	1. Trim broccoli and separate into very small florets.
004706 DRESSING,HONEY MUSTARD,FAT-FREE... 001117 YOGURT,PLN,LOFAT.....	2 cups + 1 Tbsp 3 1/8 cups	2. In a large bowl, mix honey mustard dressing and yogurt together.
799908 ONIONS,RED,RAW..... 902993 RAISINS, SEEDLESS, NOT PACKED..... 007974 BACON,TURKEY,LO NA.....	1 1/2 cups + 1 Tbsp (chopped) 1 qt + 1/8 cup 1 lb + 10 2/3 ozs	3. Add broccoli and remaining ingredients and gently toss. Cover and chill. Portion into 1/2 cup servings using a #8 scoop.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	138 kcal	Cholesterol	16 mg	Sugars	*4.6* g	Calcium	87.34 mg	25.12%	Calories from Total Fat
Total Fat	3.85 g	Sodium	283 mg	Protein	6.25 g	Iron	1.14 mg	8.63%	Calories from Saturated Fat
Saturated Fat	1.32 g	Carbohydrates	22.50 g	Vitamin A	653.1 IU	Water ¹	*123.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.32 g	Vitamin C	96.2 mg	Ash ¹	*1.81* g	65.27%	Calories from Carbohydrates
								18.13%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.